



Community Health Plan
LOS ANGELES COUNTY



DEPRESSION

Know the Signs— Get Help Early

*When something
is wrong with
your body,
you need help.
This is the same
with depression.
It can be treated.*

WHAT IS DEPRESSION?

Depression is a common problem. You may feel down from time to time. This is a normal part of life. When sadness does not go away, it may be depression.

HOW DO I KNOW IF I AM DEPRESSED?

Do you have **five or more** of these problems? Have they lasted **two weeks or more**? If so, you should call your doctor.

- ▶ Feeling sad, anxious, empty, hopeless, guilty, worthless, helpless, crabby or restless
- ▶ Feeling tired all the time
- ▶ Losing appetite or overeating
- ▶ Having trouble concentrating, remembering, sleeping or making decisions
- ▶ Losing interest in the things you enjoy
- ▶ Thinking about or trying to kill yourself
- ▶ Having aches, pains, headaches, cramps or stomach problems that don't go away

WHAT CAUSES DEPRESSION?

Depression can happen when you are sick. It can also run in your family. It can happen after you have been sad, scared or stressed.

Some medicines can make you feel depressed. It may happen if the chemicals in your brain are not balanced.

HOW IS IT TREATED?

There are two ways to treat depression. They are often used at the same time. In one, you speak with a psychologist. This person helps you learn to think or act in ways that can help. He or she may also help you work on problems with family, friends or people at work. Medicine can help give the brain what it needs. It takes a few weeks to work. You need to try more than one kind.

THINGS TO KNOW

Helping your depression can sometimes help other health problems. Depressed people who don't get help are more likely to harm themselves.

People who are depressed feel like nothing can help them. But they are wrong. It CAN be treated. If you feel depressed, see your doctor right away.

